



NEW Core Nutrition Messages, Tips, Advice, and Tools are Now Available!

New messages from USDA Food and Nutrition Service focus on

- increasing consumption of **whole grains**, fat-free or low-fat (1%) **milk**, and **fruits and vegetables**, and
- fostering healthy **eating habits** in young kids.

Over **35 pages** of tips, advice, and guidance support the new and existing messages.

New online communication tools engage mothers in an interactive format.

A **new online game** allows kids to have fun while learning about the importance of fruits, vegetables, milk, and whole grains.



Designed and tested specifically for use with mothers and children in Federal nutrition assistance programs.

Use these emotion-based, motivational resources to enhance your nutrition program.

You'll find this message and many more!



Give yourself and those you love the goodness of whole grains. Make at least half of the grains you eat whole grains – such as bread, tortillas, pasta, and cereals. Whole grains are good for your heart and digestion, and can help you maintain a healthy weight and good overall health.

Download these resources and use them to motivate moms to take action!

www.fns.usda.gov/fns/corenutritionmessages/

Questions? Comments? Suggestions? We love to hear from you. Contact us at nutritionmessages@fns.usda.gov

Help spread the word!

Please share this message with your peers, colleagues, and community partners; and use the slides in "Training Materials and Resources" during your next intervention training.